

Swat the Fly
 We have
 Screen Doors
 Screen Windows
 Screen Wire
 Fly Traps, Fly Swats, etc
STRAITHMORE HARDWARE



Go Fishing
 We have Tackle
 Bamboo Poles, Lines
 Hooks, Spoons, Flies
 Minnows, etc., etc.
STRAITHMORE HARDWARE

VOL. V., NO. 44

STRATHMORE, ALBERTA, AUGUST 5, 1914.

Subscription Price, 1.00 per year

BRITAIN AND GERMANY AT WAR

Battle in Progress in North Sea
France Hurts Million Men Into Germany

Special to the Standard, 12:20 a.m.

At midnight Britain declared war against Germany, as Germany failed to give a satisfactory answer to the request for the observance of Belgium neutrality. Belgium had appealed to Britain for protection.

Immediately after the proclamation of war King George sent a message to the Fleet instructing them to capture or destroy the German fleet.

King George followed this by a personal message to the Navy, in the following words:

"I am confident that the British Fleet will revive the old glory of the Navy. I am sure that the Navy will again shield Britain in this hour of trial. It will prove the bulwark of the Empire."

This morning heavy firing was heard at Hull and Margate. It is believed that a big naval battle between the fleets of Britain and Germany is in progress in the North Sea.

Some thirty miles east of Hull
 Germany is stated to be about to declare war on Italy.

France hurled a million men towards the German and Belgian frontiers, on the assurance by Britain that their shores would be protected by the British Navy.

A report has been received from Portland, Maine, that British and German cruisers are having an engagement on the coast of Maine.

military similes so popular during the past few days, by moving a vote of censure on chairman Mackenzie on account of the painting contract. He put it in a form of a notice of motion, and wanted it placed in the minutes, but as no other member supported it was dropped.

The chairman, however, said that it would be better for Mr. Tucker, if he had any objections to what had been done, to voice them now, rather than when the work was completed.

Mr. Tucker explained that he had been appointed on the committee to deal with the painting and repairing of the school, the other member being the chairman. On Friday night the latter showed him a number of samples of paint colors for selection, but Mr. Tucker said he was not going to act on the committee. The chairman had told the contractor of this, and as a result the contractor was on his guard against Mr. Tucker, and would probably keep up to the specifications. He did not think that the chairman should have reported to the contractor the agreements between members of the board.

Trustee Mrs. Brown remarked that if it resulted in the Board getting a better job than they would otherwise have thought the chairman was entitled to a vote of thanks rather than one of censure.

After some further talk the matter dropped and the Board adjourned.

THE PREVIOUS MEETING

A special meeting of the Board was held on Tuesday evening, July 28th. Chairman Mackenzie presided, and other members present were Mrs. Dr. Givins, Messrs F. H. Tucker and T. H. Eves.

A letter was read from Mr. Jones regarding the principalship, and it was agreed to send him an agreement form to be signed up for period of two years.

Mrs. Maud Page, formerly of Blainmore, Alta., was appointed to the position of intermediate teacher. Mrs. Page comes to Strathmore with a very good past record.

PAINTING AND REPAIRS

Tenders for painting rooms, etc., in the old and new schools were received as follows:

Joe E. Luck \$68; A. S. Shaw \$97; and W. S. Bush \$104. Mr. Bush was awarded the contract.

Trustee Tucker dissenting.

Mr. W. S. Bush was awarded the contract for fitting seventeen storm windows to the schools, his price being \$82.50 with 60c per window for the hinging.

LOCAL JOTTINGS

The Presbyterian Ladies Aid will hold an ice-cream and pantry sale at Frohberger's store, opposite Maple Leaf Hotel, on August 8.

High Williams wired Colonel Sam Hughes, Minister of Militia, Ottawa, on Friday stating that Strathmore offered one hundred men for service. A reply was received from the Military Secretary, Ottawa, expressing thanks for the offer, and stating that their services would be called upon if required.

Dr. Wright, Dentist, will be in Strathmore August 12.

Mr. Harold Wright was in town last Tuesday. He states that he has a fine crop on his farm near Quenston.

Mr. Giffin and her youngest son left on a visit to Greenburg, Ill., on Friday.

Yes, they do give you a 75c meal for 35c, put up by a first class white chef, at the Maple Leaf Hotel.

Dr. Giffin and Mr. H. Ruppe are the latest addition to Ford service. They both got their cars through Mr. W. C. Brown.

Subscribe to the Standard. You will get the best possible value for your money.

Mr. and Mrs. Webb, Victoria, B.C., arrived here Saturday. Mr. Webb is a daughter of Mr. and Mrs. W. C. Way, and will stay on their place for some time. Mr. Way left on Saturday for Stratford, Ontario, and expects to be away several weeks.

The Women's Institute will meet at the Town Hall on Saturday, August 15th, at 3 p.m. A full attendance is requested.

The Western Canada Irrigation Commission meets at Pandion, B.C., 17th, 18th, and 19th.

The Strathmore Bakery is able to take care of all ice cream orders in large and small quantities. They are the only people who make their own ice cream. Ice cream bricks a specialty for Sunday's dinner. All Bakers. Agency for Fleiderman's yeast. Samples given away this week.

To the hog raisers of the Strathmore District—For some time past the hog market has had an upward tendency in rate of price have been going up at a rate of 5c to 10c per day in many cases. There have been quite a number of hogs in the past month sold under the market and we wish to impress on the minds of every farmer in this locality, that it would be to their interests not to sell their hogs until they have given us a fair chance, as a rule our prices are higher as we can handle your hogs on a smaller margin, because our expense in handling your hogs is very small. Let us know what you have.

Yours very truly,
BOORTZ & McDONALD

A football match, Town v. Country, will be played here at 7 this evening.

A week from today Strathmore will witness a tennis match, Town v. Strathmore Colony.

Try the high-class wines, liquors and cigars, at the Maple Leaf Hotel, combined with the prompt service they are unequalled.

Tenders are being asked for the fencing, plowing, etc., of Strathmore Park.

As will be seen from our advertising columns, Kenna Rural Municipality intends restraining bulls from being at large.

Report of Cricket Match played last Wednesday unavoidably held over.

WANTED: Hinder (Massey) Harrie preferred first class remodeling auto price and particulars to E. Barlow, Strongsville P.O.

The Martin & Evans Bros. store has been taken over by Messrs. Alfred Jarval and Charles Simons. Mr. Simons is well-known locally, having been employed here several years.

The manager, chef, and all employees are white at the Maple Leaf Hotel.

No matter what your wants in the line of printing may be, the Standard can supply them to good advantage. The best stock and workmanship guaranteed.

School Board LIVELY MEETING

Though this is the vacation time for the school children, it is not necessarily so for the School Board, and they have held three meetings last month, and one on Monday evening.

Mr. Jones was present at Monday evening's meeting, and after consultation it was agreed to engage him for one year at a salary of \$1400. The Board has wanted a one-year agreement, but Mr. Jones was not willing to tie himself up for so long a period without the option of thirty or sixty day notice.

At the meeting held on July 28, Mr. Lou Luck was awarded the painting contract at a price of \$604. Mr. Tucker dissented from the award, on the basis of Mr. Luck's offer of being in favor of Mr. Luck's offer of doing for the same job. His ground for doing this was that he considered that Mr. Luck could not supply the materials called for in the specifications for the figure he quoted and that Mr. Luck had not done as good work as Mr. Bush.

At Monday's meeting, after heavy skirmishing on the part of Mr. Tucker, accompanied by much oratorical thunder, that gentleman made an attack on force if we may use the

CONCENTRATION

It is better to advertise intensively than extensively when the sum to be devoted to advertising is small. This means the regular use of the STANDARD—52 messages a year addressed to the same constituency of readers.

Intermittent or divided effort is not likely to be resultful. One full-powered blow is better than two half blows.

Concentration of appeal will do a work of conviction and persuasion that will surprise you when the years returns are totalled up.

A WORD TO THE PUBLIC

There's advice for you in this little homely to advertisers: it is: **Repeat with a full—not divided—action the merchant who steadfastly solicits your goodwill.** The more you strengthen the hands of the man who serves you, the better will be the service rendered.

SHOP WHERE YOU ARE INVITED TO SHOP

The King Edward Hotel
 STRATHMORE, ALTA.

THE COMMERCIAL HOUSE

Rates \$2.00 and \$2.50 per day
 AMERICAN PLAN

HAYING TOOLS
FORKS - SCYTHES - ROPE
GRINDSTONES
AND ALL SEASONABLE FARM TOOLS
W. E. BROWN
 MAPLE VALE FURNITURE

The Penick Store
SUMMER TIME IS KODAK TIME
 Picture taking with a Kodak, Premo or Brownie is becoming immensely popular. It is not an expensive pastime, especially when you do your own developing, which is very interesting and easy to learn.
 A No. 2 Brownie sells at \$2 and you can buy a post card size 3 1/2 x 5 3/8 Premo for \$12.
 We are always glad to demonstrate the different models. Prices to suit all purses.
A. W. MILLER
 DRUGGIST, STATIONER AND JEWELER
 Issuer of Marriage Licenses

We can save you money on
HARNESSES, SADDLERY, SUIT CASES, TENTS, ETC.
 We give special attention to repairs
 Only English Oak Sole Leather used for Shoe Repairs
T. H. EVES
 AGENT FOR DE LAVAL SEPARATORS AND ONTARIO LAUNDRY

WATCHES
 Each watch we sell is accompanied by a guarantee of quality and service.
 We are able to do this because we handle watches that have the stamp of quality upon them.
 Prices from \$1 up
 REPAIRS—Our repair department is able to handle your work promptly and skillfully. Only genuine material used.
J. W. ESSON, Everything in Jewelry, Optical Goods, Etc.
 GILVIN BLOCK, STRATHMORE
 Issuer of Marriage Licenses
STRAITHMORE STANDARD
 and **WEEKLY HERALD**
 5 STAR
 One Year for **\$1.85**
STRAITHMORE STANDARD
 and **GRAIN GROWERS' GUIDE**
 For One Year **\$1.75**

Specially good prices on
Men's Working Gloves
6 doz only Gloves worth
to \$1.25 for **89c**

GATENBY & FISHER'S GREAT SUMMER SALE

SPECIAL FREE
OFFER

With every order of \$2 or
over not including flour or
sugar we will give one 25c
bottle of lemon or vanilla
extract.

We want more for the new Fall Goods that will soon arrive and to make a speedy clearance we are offering all summer goods at tremendous reductions and in some cases less than HALF PRICE With the prospect of two months' hot weather still before you this is a grand opportunity to secure this season's merchandise at a very great saving. NOTE our prices on FLOUR. Secure a stock now. We have just got a CAR unloaded, and through the war in Europe the price jumped up 30c a 100 lbs in one day and should the war continue it will go higher still, while the car lasts our prices are as under

SALE COMMENCES THURSDAY, AUGUST 6, AND CONTINUES TILL SATURDAY, AUGUST 22. Below are a few of the many bargains but we have many others too numerous to enumerate

LADIES STREET AND HOUSE DRESSES

Regular Price	Sale Price
\$ 4.00 in Stripes, Checks and White	\$ 1.95
3.50 White Embroidery Dress	1.95
1.75 Stripe Print house Dress	1.25
1.50 Stripe Gingham house Dress	95c
8.75 Fancy Blue Muslin Dress	4.75
6.50 Fancy Stripe Ratine Dress	3.95

WAISTS

\$ 2.75 Fancy Printed Voile	\$ 1.75
2.50 White Stripe with Dresden Collar	1.65
1.35 White Voile or Muslin	.95
1.00 Fancy Print Waists	.75
2.00 White Embroidery Waists	1.75
Up to \$1.00. A few odds and ends in Middy and Print	
Waists	.35

LADIES RAINCOATS

\$ 12.50 Fawn and Navy	\$ 9.75
18.50 Green Silk	13.75

A quantity of Ladies' Summer Underwear at exactly HALF PRICE. Vests from 15c.

Men's Clothing
at tempting
prices

LADIES SUITS

\$ 14.50 Navy and Brown Serge	\$ 11.95
22.50 Fawn Stripe Suit	16.75
25.00 Grey navy Copenhagen Serge, Silk Lined	18.75
Ladies Dress Skirts in Serges, Panamas, etc., Travellers	
Samples up to \$8.75 for	2.95
30c Fancy Crepe Cloth	20c
45c Fancy Bordered Cotton dress cloth	15c
10c Gingshams	8c
15c Pink and Blue Muslins	8c
35c Wool Dress Goods	25c

Childs Wash Dresses 1 to 3 years 75c worth for	35c
\$ 2.75 Ladies Trimmed Hats	\$1.00

BOOTS AND SHOES

Ladies Tan "Walkover" Oxfords	
Regular \$5.00 sizes 3, 3½ and 4	\$3.50
\$2.90 and \$3.40 Black Oxfords sizes 3, 4 and 4½	\$2.50
Childs and Misses Slippers and Oxfords all reduced	

BARGAINS IN CROCKERY, BUTTER CROCKS.
GLASSES, ETC., WATCH OUR WINDOWS AND
BLACKBOARD FOR DAILY SNAPS

THE BEST PRICES ON FLOUR IN THIS DISTRICT

100 lbs	"Our Best"	\$ 2.75
100 lbs	"Alberta"	2.65
100 lbs	"Straight Grade"	2.45

Absolutely Pure LARD at extra special low prices

3 lb pall Lard Shamrock Brand	40c
10, " " " " "	70c
10, " " " " "	\$1.40

50c Qt bottle Holbrooks Raspberry Vinegar	40c
35c Ground Coffee 3 lbs for	85c
3lb Rajah Tea	75c
\$3.50 Barrel Salt	\$3.75
Jelly powders per dozen	85c
Brunswick Sardines per can	5c
Golden wax and Green Beans per can	10c

MEN'S STRAW AND PANAMA FINE HATS HALF PRICE

65c Men's Undershirts and Drawers	50c
\$1.50 Men's Gray Stripe 2 piece Suit	\$1.00
Men's Fine and Work Shirts	75c
4 Men's Mercerised Handkerchiefs	25c

Men's Hats and
Caps at reduced
prices

GATENBY & FISHER, STRATHMORE

Quality First

Is the motto of the Strathmore Standard Job Printing Department. Cheapness does not pay when the work is poor.

We have adopted the standard of prices at which printers of Winnipeg sell their product. These prices have been compiled by scientific cost estimators, and are dedicated, as the foreword of the price list states, "to the man who is fair to Himself, his Customer and his Calling."

Our previous prices were based on a former Winnipeg price list, which was superceded this year by the present one, and our customers will find a number of alterations caused by variations of price of the raw material used in the printing industry.

Prompt service, good work, and quality material are the ideals we have always kept in mind, and we are constantly adding to our plant and stock to accomplish this.

Guesswork prices mean that one man gets a job for less than it is worth, while the other man is stuck for a big price in order to recoup the difference. Scientific price making is fair to everybody. It allows but a reasonable profit on every job.

Our prices and our product are right. Let us show you.

THE STRATHMORE AND BOW VALLEY STANDARD

PUBLISHED EVERY WEDNESDAY
SINGLE COPY—5 CENTS.

ANNUAL SUBSCRIPTION,
(TO CANADA AND BRITISH
EMPIRE) - - - \$1.00
FOREIGN COUNTRIES 1.50
EDITOR AND PROPRIETOR
JOHN MACKENZIE

Legal Advertising, 12 cents a line for first insertion, and 5 cents a line for each subsequent insertion—12 lines to the inch. Local, 10 cents a line. Lost, Found, Adversary, and Want Advertisements, 30 words or under, 50 cents one insertion, or three insertions for \$1. Display advertisement, 50 cents per column inch per month, 50 cents per column inch for one issue. Changes of advertisement must reach this office not later than noon each Monday.

WEDNESDAY, AUGUST 5, 1914.

Mrs J. C. Reed is spending a month's holiday with Mrs McNab, west of Nan ton, Alta.

The Demonstration Farm is finding the supply of eggs not equal to the demand, and is advertising for them at 35c per dozen.

Monsieur and Madame Dugdale were visitors on Saturday for the purpose of looking over the Demonstration Farm. They are at present on a world tour, but expect to return to France at once to take part in the war. Monsieur Dugdale being a lieutenant in the French army.

The Presbyterian Ladies Aid will meet in the Church on Thursday afternoon, or if the weather is not favorable, at the home of Mrs Giffin.

Mrs John A. McDonald and family, including, spent Thursday with Mrs Archie and Mrs Thomas Chesser's.

We have received a communication from the Secretary of Kootenai Municipality too late for publication in this issue. It will be published next week.

ARMAGEDDON!

It would appear that the general European war, which has been prophesied for so long past, and for which the armies and navies of the old world have been long preparing, is now at hand. Already the vast machinery of war has been set in motion by all the great nations, and the first blood has already been spilt.

The cloud, no bigger than a man's hand, rising in the eastern horizon of Europe a week ago, has developed into a black thundercloud, which threatens to deluge Europe in a rain of blood.

Of the conflict none can predict the outcome. Statistics of the numerical strength of navies or armies do not determine the conflict. With all the advance that has been made in the science of warfare, the personal element is that which determines victory or defeat.

The eyes of the world are turned on Great Britain. One hundred years ago Britain, at the outlay of many thousands of lives, and countless millions of treasure, saved the World from a military despotism, and it would seem as if she would be called upon to do the same again.

Britain is not an aggressive nation. She has stood for the last one hundred and fifty years as the preserver of the equilibrium of Europe. She is being drawn unwillingly into this conflict, but since she is in she will fight to the preservation of liberty, and for the overthrow of the colonies on the shores of the North Sea that has been a menace to the peace of the world for the past forty years.

The Union Jack is the symbol of liberty. Under its far flung banner lie nations in being and nations yet in embryo, and with all the liberty of the subject is the salvation of their government. When Britain enters upon the conflict she will fight with army and navy of freedom. The other nations will summon to their aid millions of conscripts, men who fight, not because they want to, but because they have to.

In a few people, when constitutional questions arise, they are thrust out in the full light of day. In a despotism like Germany, Russia or Austria, an impression of solidarity is kept up by the stifling of opinions contrary to those of the rulers. But the difference is that in a free country, when external attack is threatened, internal dissension ceases, and the nation presents a united front. In a despotism external troubles tend to liberate the forces struggling from within.

No more important could be witnessed than the spectacle in the House of Commons on Monday of John Redmond and Sir Edward Carson, leaders of the Irish Home Rulers and the Unionists, offering the services of their followers to the cause of British defence. That is the spirit that conquers.

In Canada the spirit of defence of the British Empire is not less strong than in the Motherland itself. Thousands and thousands of Canadians have offered their services, and are prepared to leave all that is dear to them to fight for the Empire. And Strathmore, small though she is, will not behind with assistance when the call comes.

Baseball

ASHDOWN'S HAVE A WALK-OVER

The poorest exhibition yet given on the Strathmore grounds this season was witnessed on Wednesday, when the Calgary Ashdown's came down and beat the locals by a score of 17-3.

The trouble started in the first innings. Jerry Anderson was in the box, but his arm was in bad shape, and five runs were scored off him. In the second Ashdown's got three. In the third R. Brown was put in the box, but as he had never practiced in that position for a long time he was easy meat for the Calgary men. By the end of the fifth innings Ashdown's had collected 17 runs, and Strathmore was nil. The fault was not all the pitchers, for the whole team was disgraced, and errors were terribly frequent. Andy Ballantyne was put in to pitch in the sixth as a fortune hope, and wonderful to relate, the Calgary men never scored in the remaining four innings, while Strathmore got three runs in the eighth. Andy was a real dark horse.

Nobody knew he could pitch, but when he stepped into the breach it served up the team, and they played good for the remainder of the game. Jos Van Tighem held down the second sack from the sixth inning to the end of the game.

Teams were as follows:
Calgary Ashdowns—McKenzie 1b, Erwin 3b, McKillop 2b, Crystal 1b, Clark cf, Masey lf, Hawkins ss, Bunking c, McEwen p.

Strathmore—H. Johnson cf, Brown ss, R. Anderson c, Ballantyne 3b, O. Johnson 1b, G. Anderson p and the Phil Dick, Cole 2b, Jenkins if, Jos Van Tighem 2b.

Score by innings:
Ashdowns—51 530 000-17
Strathmore—000 000 030-3

Austrian in Trouble

An Austrian with the usual stereotypical for a name, was taken from Nightingale last Wednesday on complaints of ailments he is alleged to have made to various people out there. He had been employed as a sectionman on the railroad.

On Thursday noon, while confined in the barracks at Strathmore, he suddenly turned very violent, and Constable Hutchings had no fortune hope, and wonderful to relate, the Calgary men never scored in the remaining four innings, while Strathmore got three runs in the eighth. Andy was a real dark horse.

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THE CLUB CAFE

Happiness Is Love liberally interspersed
with Good Things to Eat

Only an entirely new adjective can adequately describe the Bhoy's Cafe.

And don't forget that discretion is one of our virtues

Prices reasonable

D. O. WILLIAMS, Proprietor

Surprising Diversity of Fashionable Silhouette

 EDITED BY *May Wilmetts*


MILADY may like the flowing lines of the long tunic or the ruffy, belted dress of the short tunic, or she may fancy the simulated tunic, the three styles favored by French fashion. If we can assume that fashion has any favorites, for never has there been as diversified and so susceptible of the divinest adaptation.

At the extreme left of the illustration is the very newest tunic for advanced summer styles. This particular gown is developed in two materials, which give the frock a very smart effect. Colored striped cotton rayon is one material used, combined with a sheer cotton voile. A unique coat effect is carried out in the striped rayon. Long voile sleeves and a collar and vent of sheer organza complete a very chic cotton tunic.

The hat pictured at the right of the gown is a Panama turned up at one side and faced with black velvet. For the summer girl this is quite the prettiest outfit but alone.

The blouse is built of white rayon,

combined with tanger yellow rayon for collar cuffs and covered clinging hat tunic. Tanger yellow is a particularly becoming color to the black haired beauty, but the blond tressed girl will be wise to show that particular fashionable color.

The gown in the center is developed of striped rayon and shows the fancy for the double big heart tunic still liked by slender women. A simulated plaid of the rayon-striped material extends from the top of the waist to the bottom of the double heart tunic. The plaid is further ornamented by green crystal buttons. The collar and cuffs are of sheer organza considered in delicate and green, the tulle panels have a border of pink

rose and green leaves. Green is all its variations is a delightful summer color.

The frock upon the extreme left of the picture is built of fluted rayon very simply with two tucks about the hips to simulate a double tunic. For wash gown, this is one of the most sensible fashions of the season. The blouse is simple, having an elaborate only a strip of sheer lace around the neck, set in lace the yoke and unique.

By continuing to the bottom of the skirt, which are finished with a band of the embroidery.

Do you know that the lace dress to the left is the ideal summer gown? The design is showing attractive lace

finishing at prices which put them within reach of the economic woman. Another recommendation for the lace

gown is the fact that any one with the slightest knowledge of sewing can easily make one.

COOKING EN CASSEROLE

WE are a nation of bachelors, and we are also a nation from which much is borrowed, and in the case of the casserole we borrowed to some purpose, for mildly in looking these days for labor savers, and the casserole used in conjunction with the device cooker is a labor saving device without a rival.

The ordinary one are made of tough brown glass earthenware, which with-

stand the attacks of heat. It also is able to hold for a long period of time. It is also a very good insulator.

Two cups of rice, three cups of water, one tablespoonful of salt, one tablespoonful of butter, one-half cup of corn, prepared for use.

Wash the rice in cold water. Put it in a casserole with cold water. Add slowly for one hour, then drain to a casserole, wash and add the butter, corn, salt and pepper. Brush the casserole with butter and then with oil milk. Press the rice into the dish.



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A COLOR BRINGS OUT A COLOR

HAVE you noticed how the color of your eye changes sometimes with the weather, and sometimes with the color you wear?

With almost everything but the eye it takes control to bring out color. For instance, a portrait of a blood woman almost invariably has blue in the background, and somewhere about the portrait of a brunette you will find pink or red, intended to accentuate the dark skin and hair.

It is exactly the opposite with nature—a color brings out a color. You

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Hints For Mid-July

MANY women suffer a good deal during the heated summer months because they do not know how to adapt themselves to the terrible conditions. The first thing to take is as early as possible, avoiding all unnecessary exertion during the hottest hours of the day. That is not easily managed, but it can be done.

Allow yourself plenty of time to get away from—hurry and fluster are the most trying of enemies—and ruthlessly "cut" unimportant engagements, leaving yourself for those that must be kept. Get through necessary shopping as early as possible in the day. For, though the big shops are nearly all brightly cool, the heat and turn of the streets are frightfully exhausting.

Also, nothing interferes with your comfort so much as a full hour of possible of absolute idleness. When you are not going, and sit down in a cool, dappled room till it is time to dress, the eyes will have a warm bath, followed by a rapid change of scene, and you will feel thoroughly refreshed. A cold shower is not advisable in very hot weather.

Avoid heavy and very rich meals. Light and digestible fare is required, consisting chiefly of fish, poultry, salads, cheese and fruit, sweets made with milk, cream and eggs, and so on. Do not eat too much, and eat only when you are hungry.

Casserole of Fish

One cupful of any cold fish, fresh, seasoned and combined with a little cream, the same quantity of mashed potatoes and two hard-boiled eggs. Butter a small mold and put in alternate layers of potatoes, fish and sauce of egg. Steam twenty minutes, turn upon a hot platter and garnish with parsley.

Let Us Not Have the Ugly Hoopskirt

OUR minds have dwelt much upon hoopskirts during the past few years, for we have been threatened with them most by month. We came to realize that, no matter how we thought, when the minute task of last autumn mounted the band, they could not stand in it a fearful feeling among the women of the present generation. The tendency is toward the revival of the hoopskirt.

Princess and Charles depicted rapidly hopping to their spring exhibition. No woman wears them outside of these nations, but the idea was so popular and here and there one saw a woman who had taken root.

No fashion is widely adopted when it is first started as it is first started. It is not welcomed and moderated and made suitable to the time and the place. No, the wide and wadded, hobnobbing skirts of the second empire

moderation, and the refreshing lemonade or "cup" made with light wines, herbs, musk or with fruit sugar are best. If spirits are taken at all it should be frequently.

The face should only be washed with soap and water last thing at night, but it is very refreshing to spray it and the neck frequently with rose or elderflower water to which simple tincture of benzoin has been added, drop by drop, in the proportion of one teaspoonful of tincture to half a pint of rosewater. Dry with a soft handkerchief, then apply a little unperfumed cream, smooth this off with the handkerchief and dust on a little good powder. The face wash mentioned is wonderful cleansing and with the cream, provides a great protection against freckles and sunburn.

One's eyes often feel hot and tearful in dry weather, chiefly on account of the dust, and they should be washed frequently with the lemonade. A small teaspoonful of lemonade in a half pint of rosewater. Nearly fill an eye-bath or an eye cup with lemonade, with the handkerchief to make it just tight. Hold the cup up to the eye and open and let the eye several times in the lemonade, which will not only wash and soothe the eye, but will penetrate through the fine tissue to the nasal canal and prevent the so-called "summer influenza" which is really caused by dust.

After washing the eyes in this way at night dry them and cover the mouth, possible amount of pure white vaseline on the lashes.

Let Us Not Have the Ugly Hoopskirt

OUR minds have dwelt much upon hoopskirts during the past few years, for we have been threatened with them most by month. We came to realize that, no matter how we thought, when the minute task of last autumn mounted the band, they could not stand in it a fearful feeling among the women of the present generation. The tendency is toward the revival of the hoopskirt.

THE CONSIDERATE MISTRESS

THEIR consideration mistresses in food of all women who have the admiration of their guests is to put herself in a position to be able to give another place.

The housewife who things should be done and understands how to give in attention as to the thing. She does not ignore taste and she is impossible of accomplishment within certain time limits.

FOR THE NEEDLEWORKER

The latest hand alippers are of white Parisian twinning. They are likewise made suitable to the time and the place. No, the wide and wadded, hobnobbing skirts of the second empire

WOMEN ARE NOT MORE EXTRAVAGANT

IT is a generally acknowledged fact that the average woman of today looks much smarter and better dressed than her predecessor. And the question naturally arises, is she more extravagant?

The answer is most emphatically "No." The truth of the matter is that nearly every woman nowadays has learned the art of making things for herself. It is no way with the help of a good pattern, and there are so many excellent patterns nowadays.

A TENNIS OUTH

IF you are a tennis player, you will find it a good idea to have a tennis outfit. It is a good idea to have a tennis outfit. It is a good idea to have a tennis outfit.

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GOWN AND HAT FOR THE SPORTSWOMAN

THE hot summer days call out tennis and the sportsman. Here is a gown which would be comfortable and cool looking at the same time.

CEREBRATE A BIT IN YOUR COOKING

IT is paradoxical how many women complain of work, of how much discomfort they have to endure, when much of this discomfort is unnecessary. In most of our cooking for the great majority of the time is spent in the kitchen, and the kitchen is a place of cooking the food. There are many ways of saving the kitchen, and the kitchen is a place of cooking the food.

But aside from these practical commercial aids, which every woman should know in as much as her pocket-book will permit, there are methods and short cuts which any woman can follow at no cost except the use of her own mind, which is often much more difficult to use than any other "labor saving" device.

First let there be better planning of meals. If at doing much unnecessary cooking will be avoided. For instance, instead of a plan for several days ahead, one might decide on mashed potatoes and fried potatoes and tomatoes. Now, when the potatoes are cooked, they might be cooked at one time for two meals. Instead of cooking for two days and tomatoes tomorrow enough to serve one half of the family, use the second time as a cold salad. If you do not have a refrigerator, use on summer days one day good storage facilities.

When you are cooking, use a good oven and cold in a salad, or part in a cream sauce. When you are cooking, use a good oven and cold in a salad, or part in a cream sauce.

HOUSEHOLDERS HAVE FOUND

Willow furniture is after all, about the prettiest furniture for plates, and manufacturers are vying with one another to create unique styles. Pictured here are two fairly typical examples, which show very clearly their use.

A ROLAND FOR AN OLIVER.

M. B. who was dining out, had done his best to get the good thing before him. By way of a graceful apology, he remarked with a beaming smile directed toward his hostess: "The always heard, we say, that the highest compliment one can pay the housekeeper is to eat heartily. You observe that I have been exceedingly polite."

"Thank you, Mr. B.," smiled back the hostess. "Indeed, I think that you have carried politeness to the point of being lazy."

EAT SUGAR, AND ALCOHOL WILL HAVE NO TEMPTATION

SUGAR was considered an article of luxury in Europe until the 18th century, when it was used to sweeten these beverages and so gradually came to have a prominent part in the daily diet. Before the days of sugar much more meat was eaten and the drinking of alcoholic beverages was much more common. The fair maiden who could not with impunity drink a pint of ale for breakfast was unusual. Perhaps in spite of the fact that most of us eat too much of it, sugar is a blessing. Even overwrought coffee and cereal covered with sugar sound more beneficial than a pint of ale and half a pound of loaf for breakfast.

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